

# Senior Services of Northern Kentucky Chilled Menu - January 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOX			1	2	3
LUNCH		January is: National Blood Donor Month National Braille Literacy Month National Hobby Month Hot Tea Month National Oatmeal Month National Soup Month 		<b>Turkey Ham &amp; Beans - 9062</b> Vegetable Medley (2 servings) Cornbread / Margarine Fruited Jello Goldfish Graham Crackers	<b>Country Fried Steak - 9063</b> Potato Wedges Green Beans Dinner Roll / Margarine Applesauce Chocolate Cake
CYCLE					
WEEK	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)				
6				Run up the Flagpole & See if Anyone Salutes Day	Festival of Sleep Day
BOX	6	7	8	9	10
LUNCH	<b>Italian Sausage - 7036</b> in Savory Tomato Sauce Spaghetti Italian Vegetables (2 servings) Wheat Dinner Roll / Margarine Applesauce	<b>Bar-B-Q Sauce with Shredded Beef - 9051</b> Peas and Onions Potato Wedges Bun Peaches	<b>Beef &amp; Rice w/ Gravy - 7041</b> Broccoli Carrots Whole Wheat Bread / Margarine Pears	<b>Chicken Vegetable Stew - 7022</b> w/Carrots, Red Skin Potatoes, Peas Green Beans Pineapple Dessert Cornbread / Margarine	<b>Meatloaf w/ Gravy - 9072</b> Mashed Potatoes Carrots Whole Wheat Bread / Margarine Orange Juice (100%) Angel Food Cake
CYCLE					
WEEK					
7	Cuddle Up Day	Old Rock Day	Bubble Bath Day		Peculiar People Day
BOX	13	14	15	16	17
LUNCH	<b>Italian Veal Patty over Spaghetti - 9053</b> w/ Marinara Corn California Normandy Vegetables Whole Wheat Bread / Margarine Fresh Orange Mozzarella Cheese	<b>Chicken Potato Casserole - 9315</b> Broccoli (2 servings) Whole Wheat Bread / Margarine Apple Juice (100%) Animal Cookies	<b>Beef Taco Salad - 9313</b> Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Peach Dessert Tortilla Chips Mild Taco Sauce	<b>Baked Lemon Pepper Fish w/ Tartar Sauce - 9033</b> Rice Vegetable Medley (2 servings) Whole Wheat Bread / Margarine Fruit Cocktail	<b>Hawaiian Pineapple Ham-9094</b> Sweet Potato Patties (2 ea) Peas Dinner Roll / Margarine Cranberry Juice Happy Birthday Cake 
CYCLE					
WEEK					
1		Dress Up Your Pet Day	National Hat Day	National Nothing Day	HAPPY BIRTHDAY!
BOX	20	21	22	23	24
LUNCH		<b>Swiss Steak - 9088</b> w/ Tomatoes, Onions, Peppers O'Brien Potatoes Wheat Dinner Roll / Margarine Pears Graham Crackers	<b>Beef &amp; Broccoli- 7042</b> over Rice Corn Carrots Whole Wheat Bread / Margarine Pineapple Tidbits	<b>Beef &amp; Noodles - 9008</b> w/ Gravy Green Beans Corn Whole Wheat Bread / Margarine Fresh Orange	<b>Roast Turkey w/ Gravy - 9005</b> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Grape Juice (100%) Angel Food Cake
CYCLE					
WEEK	SSNK Closed - No Meals Delivered				
2		National Hugging Day		National Handwriting Day	Compliment Day
BOX	27	28	29	30	31
LUNCH	<b>Salisbury Steak w/Gravy - 9029</b> Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches Animal Cookies	<b>Hamburger-7006</b> Potato Wedges Broccoli w/ Cheese Bun Applesauce	<b>Deli Ham - 7005</b> Baked Beans Broccoli Swiss American Cheese Bun Pineapple Tidbits Mustard / Ketchup	<b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b> Mashed Potatoes Green Beans Rye Bread (2 slices) Margarine Fruit Cocktail Mustard / Ketchup	<b>Fried Steak Italiano - 7011</b> w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Cranberry Juice Sponge Cake
CYCLE					
WEEK					
3	Punch the Clock Day	Fun at Work Day	National Puzzle Day		Inspire Your Heart with Art Day